



MONDAYS – SPRING 2019 WTAFTER3

Ballet Levels I & II with Red Leaf Dance Studio

3:30 – 4:15 p.m. Grades: PK, K, 1, 2

Program Fee: \$ 175.00

All classical dance education begins with the foundation of ballet. The muscle structure of a dancer starts early on with learning how to control and carry the body. The essential ballet basics include learning all the ballet positions, proper posture and carriage, strength and stretching of the ankles and toes which results in the proper muscle development of long and lean ballet muscles. Both mind and body are challenged with progressions and variations for individual advancement throughout the sessions. We will play music games with "Simon Says" and sound memory games such as "Call and Respond." These games are a fun way to practice outside of the classroom as well. On the last scheduled program class, a brief informal performance will take place called "Viewing Day." Please save the date for the performance on Monday, May 20, 2019 at 3:50 p.m. All students will need to bring a leotard (any color), tights (any color), a dance skirt (any color) and ballet slippers with them to school each Monday. WTAFTER3 support staff will help to transition the children from school clothes to their dance attire.

Ribbon Dance with Red Leaf Dance Studio

4:30 – 5:15 p.m. Grades: PK, K, 1, 2, 3, 4

Program Fee: \$ 175.00

Discover the excitement and beauty of ribbon dance as the students explore how movement evokes feelings and images while using a long ribbon on a wand to further assist in the visual expression of movement. The discipline foundation is ballet, and sometimes gymnastics steps in as well. This class provides an added element of learning how to dance with a prop both as an individual and as a group. On the last scheduled program class, a brief informal performance will take place for "Viewing Day." Please save the date for the performance on Monday, May 20, 2019 at 4:50 p.m. *All props, ribbon wands, will be supplied for the use of in class curriculum only.

NEW! Crazy ChemWorks Lab with Mad Science

3:30 – 4:30 p.m. Grades: PK, K, 1

Program Fee: \$ 175.00

Crazy Chemworks: Shake up a flask of fun in the lab as a junior chemist! This hands-on and interactive program of chemistry for young scientists is packed solid with cool reactions. Students will put on their scientific goggles and change liquid to solid and back again. They will handle laboratory tools, build and break molecules, and pick up some tricks on chemical changes. Don't miss out on this opportunity to explore science at a crazy level!

NEW! Passport Adventure – Where in the World is WT Bear?

3:30 – 4:30 p.m. Grades: PK, K

Program Fee: \$ 175.00

All Aboard! Every Monday we will grab our passports and embark on an exciting journey to far-away Lands. We will explore a new country and culture every week. WT world travelers will learn about the geography, history, and culture of our unique destinations by listening to stories, creating artwork, sampling food, listening to the language, playing games, and more! No extra fee for first-class travel reservations.

NEW! Color Me Mine Ceramics & Mosaic Madness at Color Me Mine Studios

3:30 – 5:00 p.m.

Grades: 1, 2, 3, 4, 5

Program Fee: \$ 200.00

Every Monday, we will board the WTAfter3 Van and head to the Color Me Mine Art Studio in East Liberty for our artistic/creative session! The amazing, talented, and creative Color Me Mine Leaders look forward to spending time with your young artists every Monday afternoon. Our projects will alternate between ceramics, mosaics, and canvas, and we will explore items linked to spring colors, themes, and holidays, and popular characters and games that appeal to artists of any age. See you at the studio!

NEW! Traditional Southern Chinese Lion Dance Level II with Steel Dragon Martial Arts

4:00 – 5:00 p.m.

Grades: 2, 3, 4, 5

Program Fee: \$ 175.00

The faculty and trainers with Steel Dragon Martial Arts are eager to share this exceptional learning experience with young students! Every Monday afternoon, we will come together to learn the basic lion musical beats and the basic lion movements. Our trainers will introduce students to some of the symbolism behind the dance and how it is used to tell many different types of stories, spread good wishes, and show the relationship between the music, the lion movement (based on martial arts) and the particular puzzle (cheng) that is being solved. There will be no shortage of possibilities for personal engagement for students with many different interests as we explore this traditional form of lion dancing at WT.

ASCEND Bouldering & Climbing Clinic with Ms. Nesbitt

3:30 – 5:00 p.m. Grades: 3, 4, 5

Program Fee: \$ 200.00

ASCEND Climbing Wall offers the environment to develop a love of fitness at an early age, promoting a lifelong appreciation for good health. Climbing is a great way for kids to be active while having lots of fun. In this program, we focus on the personal achievements of each individual; encouraging growth in personal strength, confidence, and self-esteem while we rock climb and boulder under the supervision of experienced staff and trainers at ASCEND. This program includes transportation. We will depart at 3:15 p.m. and will return to WT by 5:15 p.m. for sign-out.

NEW! WT Cheer Squad with Coach Atkinson Go Bears! Junior

3:30 – 4:30 p.m.

Grades: 1, 2

Program Fee: \$ 175.00

During WT Cheer Squad Junior, grade 1 and 2 students will learn the fundamentals of cheerleading! Through cheers, motions, dance, jumps, basic stunts, and tumbling, we will build strength and flexibility. At our final class, we will perform a routine that shows off all the skills we have learned. Our program leader, Mrs. Kristen Atkinson – WT Assistant Teacher for Grades 1 and 2, has an extensive, 14-year background with gymnastics, dance, and cheer with Gymsport in Bridgeville and Pittsburgh Pride in Canonsburg. During her senior year of high school, her team went to the “cheerleading worlds” and she cheered on the University of Memphis. She can’t wait to share her cheer passion with WT. Go Bears!

NEW! WT Cheer Squad with Coach Atkinson Go Bears! Senior

4:30 – 5:30 p.m. Grades: 3, 4, 5

Program Fee: \$ 175.00

During WT Cheer Squad Senior, grade 3, 4, and 5 students will learn the fundamentals of cheerleading! Through cheers, motions, dance, jumps, basic stunts, and tumbling, we will build strength and flexibility. At our final class, we will perform a final routine that shows off all the skills we have learned. Our program leader, Mrs. Kristen Atkinson – WT Assistant Teacher for Grades 1 and 2, has an extensive, 14-year background with gymnastics, dance, and cheer with Gymsport in Bridgeville and Pittsburgh Pride in Canonsburg. During her senior year of high school, her team went to the “cheerleading worlds” and she cheered on the University of Memphis. She can’t wait to share her cheer passion with WT. Go Bears!

NEW! Math Minds Workshop – Tutoring and Enrichment with Mr. Tritsch

3:30 – 4:30 p.m. Grade: 3 ONLY (Max. enrollment 5)

Program Fee: \$ 280.00

Every Monday afternoon, grade 3 students can take advantage of additional math time with Mr. Tritsch. The first 15 minutes of each session will focus on the assigned math homework for the night. The remaining 45 minutes of our time together will be dedicated to practicing the challenging skills that are introduced in third grade math class. Mr. Tritsch will work directly with grade level teachers to follow their curriculum, prepare students for the week's quizzes and tests, and track student progress and performance throughout. Activities are game-oriented, easily differentiated and intended to be fun for the students. This program is created for students who could use additional time each week to focus on reinforcing and strengthening grade-level math skills.

TUESDAYS – SPRING 2019 WTAFTER3

Gymnastics Levels I & II with Red Leaf Dance Studio

3:30 – 4:15 p.m. Grades: PK, K, 1, 2, 3, 4

Program Fee: \$ 175.00

This high-energy class focuses on learning the basic fundamentals of balances using stability, strength, and flexibility. Both mind and body are challenged with progressions and variations for individual advancement throughout the sessions. We will play games such as relay races and obstacle courses to practice consecutive tricks. Gymnastics-related coloring pages are sometimes assigned as homework to encourage stretch and strength training at home. On the last scheduled program class, a brief informal performance will take place for “Viewing Day.” Please save the date for the performance on: Tuesday, May 21, 2019 at 3:50 p.m.

NEW! Reading Rainbow Adventures

3:30 – 4:30 p.m. Grades: PK, K

Program Fee: \$ 175.00

Inspired by the beloved *Reading Rainbow* television show that spanned more than 25 years, "WTAFTER3 Reading Rainbow Adventures" will focus on reading skills, habits, and attitudes. Each and every session together will focus on a specific book, vocabulary, activities, and games that celebrate music, history, culture, food, and social topics for kids. Led by PK Assistant Teacher, Alaina Loman, our focus will be on reading, learning, sharing, growth, and fun!

NEW! Snapology Mini-Fig Mania

3:30 – 4:30 p.m. Grades: PK, K, 1

Program Fee: \$ 175.00

In Snapology’s Mini-Figure Mania class, we will encourage your little builder to create, imagine, and play with our secret stash of mini-figures! We will really put our mini-figures to the test by creating special playgrounds for them, design unique flying tests, and see how well they do on our carefully engineered structures. Join us as we shrink ourselves to mini-figure size and explore the world of mini-fig mania.

NEW! Girls...Full S.T.E.A.M. Ahead with Ms. Farrand

3:30 – 4:30 p.m. Grades: K, 1, 2

Program Fee: \$ 175.00

Calling all girls of STEM – this program is for you! Girls will be experimenting, creating, and having fun while doing STEM activities. Throughout this program, girls will do hands-on science experiments, be exposed to different forms of technology, develop critical thinking skills through engineering projects, and refine math skills through math activities. All learning activities will be girl-centered, and used to develop self-confidence when working with STEM projects.

NEW! Mindful Nature Workshop

3:30 – 4:30 p.m. Grades: K, 1, 2

Program Fee: \$ 175.00

Our Mindful Nature Workshop time together every Thursday this spring will include a world folktale, a different style of mindfulness practice and an art activity using natural and recycled materials. Mindful Nature promotes the well-being of our children, our planet, and society by exploring the intersection of engaged mindfulness and true sustainability.

Gymnastics Levels II & III with Red Leaf Dance Studio

4:30 – 5:15 p.m. Grades: 1, 2, 3, 4, 5

Program Fee: \$ 175.00

This high-energy class focuses on learning the more advanced fundamentals of balances using stability, strength, and flexibility. Both mind and body are challenged with progressions and variations for individual advancement throughout the sessions. We will play games such as relay races and obstacle courses to practice consecutive tricks. Gymnastics-related coloring pages are sometimes assigned as homework to encourage stretch and strength training at home. On the last scheduled program class, a brief informal performance will take place for “Viewing Day.” Please save the date for the performance on: Tuesday, May 22, 2019 at 4:50 p.m.

Circus Arts II Workshop with O’Ryan McGowan

3:30 – 4:30 p.m. Grades: 2, 3, 4, 5

Program Fee: \$ 175.00

In this after school program, students will refine and perfect the tenets of circus arts: balance, coordination, and clowning. The curriculum each week will rotate through a variety of skills, drills, and interactive exercises. We will explore the fundamentals of balance, team building, coordination and improvisational theatre by learning the basics of juggling, partner balancing, prop manipulation, and character development. Circus arts are a wonderful way to increase motor skills while having fun, working as a team, and reinforcing good classroom behavior. Games and exercises teach focus and strength, while helping students to embrace their inner clown!

Chess Lab – Level I Beginner with Coach Kennedy

3:30 – 4:15 p.m. Grades: PK, K, 1, 2, 3, 4, 5

Program Fee: \$ 175.00

Check mate, chess novices. Here is a beginning chess class that will teach students the basic rules and fundamentals of chess, with a focus on playing. Chess develops amazing math and critical thinking skills in children. But don't tell the children this fact...they think that chess is just about playing and having fun!

Improv Workshop with Ms. Boone

3:30 – 4:30 p.m. Grades: 3, 4, 5

Program Fee: \$ 175.00

Join us for this positive and fun weekly workshop designed to improve confidence and to inspire creativity. Our sessions, led by Ms. Boone, offer a fun and supportive outlet for young actors in Grades 4 and 5 to learn the basics of Improv, storytelling, and creating your stage presence. Our time together will include: games, role play, voice manipulation, acting out emotions, and story creation.

NEW! Girls of Steel First Lego League, Jr.

This is a Tuesday AND Thursday Program

3:30 – 4:30 p.m. Grade: 3 ONLY

Program Fee: \$ 275.00

FLL, Jr., or FIRST LEGO® League, Junior, is a program focused on exposing grade 3 girls to robotics and STEM! Through exploratory research, hands-on construction, and teamwork, this group of third-grade girls will work to explore a real-world scientific concept, then build a motorized model and develop a *Show Me* Poster to illustrate their journey of discovery. This group of girls will also get the opportunity to show off their work at a Demo Day, held at the National Robotics and Engineering Center. This is run in collaboration with Girls of Steel Robotics, a FIRST Robotics Competition (FRC) team, with a focus on empowering women and girls in the pursuit of STEM by exemplifying female success in robotics.

WT on the Move Running Club

3:30 – 4:30 p.m. Grades: 3, 4, 5

WT on the Move, also fondly referred to as running club, student athletes will work toward finishing their "marathon" runs each week on campus. Runners should bring their running clothes, tennis shoes, and water bottle with them to school every Tuesday. Ready...set...run!

WEDNESDAYS – SPRING 2019 WTAAfter3

Spoon-fed Theater Workshop with Ms. Boone

3:30 – 4:30 p.m. Grades: PK, K, 1

Program Fee: \$ 175.00

Once Upon A Time...after school at WT, young PK creators used their art skills and imaginations to bring stories to life in their own little theater space. Each week, we will focus on new characters, plots, emotions, voices, and special effects as we create our own wooden spoon puppets and act out stories. All of our stories will end with *Happily Ever After*.

NEW! Snapology Science of Superpowers

3:30 – 4:30 p.m. Grades: 1, 2, 3

Program Fee: \$ 175.00

In Snapology's Science of Superpowers Program, students explore the world of their favorite superheroes. Students will learn about forces, energy, and problem solving as they build models inspired by Superman, Batman, and all their favorite heroes. Experimentation and fun are crucial components of this 'super' educational program!

NEW! Seasons in the Sun with Pittsburgh Glass Center

3:30 – 4:30 p.m. Grades: PK, K, 1, 2, 3, 4, 5

Program Fee: \$ 175.00

In this hands-on art enrichment program, we will focus on the beauty of spring to inspire and drive our glass masterpieces! We will create objects that can be used in springtime, such as mosaic flower pots, sun-catchers, and stepping stones. We will investigate the spring theme through insects, flowers, and seeds to continue growing our knowledge of glass art making.

WT Song Birds – Let's Sing

3:30 – 4:15 p.m. Grades: K, 1, 2

Program Fee: \$ 175.00

Do you love to sing? Do you want to share your passion and talent with others? If you answered yes to these questions, boy do we have an after-school experience for you. This program will provide opportunities for students to sing, express, play, and inspire with music. The sessions will incorporate a range of activities including vocal technique, voice projection, and more. Students will help to select the songs from a variety of different genres of music. You provide the talent and passion, and we'll provide the outlet!

Chess Lab – Level 2 with Coach Kennedy

3:30 – 5:00 p.m. Grades: K, 1, 2, 3, 4, 5

Program Fee: \$ 280.00

Check mate, chess novices. Here is a beginning+ to intermediate level chess class that will teach students the rules and fundamentals of chess, with a focus on playing. Chess develops amazing math and critical thinking skills in children. But don't tell the children this fact...they think that chess is just about playing and having fun!

Fencing Clinic Beginner & Beginner + with Coach Iana Dakova and Pittsburgh Fencers Club

3:30 – 4:30 p.m. Grades: 1, 2, 3, 4, 5

Program Fee: \$ 175.00

En garde! This basic level clinic will introduce students to the sport of fencing. Each week, we will engage in warm-up exercises and stretching, basic footwork and blade work exercises, and essential tactics and strategies. Young athletes will learn to fence and develop an understanding of how fencing's strategy, rules, and conduct related to the history of swordsmanship. Skills will be reinforced through practice and drills. Access to all equipment and protective gear is included in the program tuition.

Girls Lower School Robotics Lab

3:30 – 5:00 p.m. Grades: 4, 5

Program Fee: \$ 200.00

During the spring 2019 term, our group of fourth and fifth grade girls will continue to create, build, and program robots. This lab time with Coach Anna Nesbit will offer the opportunity for young robotics engineers to dive deeper into their curiosities to explore robotics beyond the competitive season.

Spartan FIT Ninja Training Workout at PittsburghFIT

3:30 – 5:00 p.m.

Grades: 2, 3, 4, 5

Only 9 spots available

Program Fee: \$ 240.00

Every Wednesday, your young athlete will board the WTAAfter3 Enrichment Van and travel to PittsburghFIT for their workout. Spartan FIT at Pittsburgh FIT offers a state-of-the-art fitness facility to grow body awareness, control, and strength for a lifetime of health and fitness. We will teach your young athletes how to move, run, jump, climb, crawl, and lift any obstacle and have a blast doing it. The environment at PittsburghFIT is super-positive, encouraging, age-appropriate, and inclusive. We want to build great athletes, and we also believe that building great people and creating a team environment and community is even more important. In this program, your child will build strength, skill, speed, agility, coordination, balance, accuracy, and stamina. Your child will also build self-esteem and confidence under the supervision and guidance of our experienced and certified coaches.

NEW! WT Youth Lacrosse Clinic – BOYS

This is a Wednesday AND Saturday Program

6:15 – 7:15 p.m.

Grades: 2, 3, 4, 5

Program Fee: \$ 260.00

This program is designed to introduce beginner and beginner + level lacrosse skills to our youngest players. The focus of our time together will be to have fun in a non-competitive environment. Coaches and players will focus on the fundamentals of the game of lacrosse. There will be an emphasis on basic skills: learning to pass, catch, and scoop through small group instruction with drills and game situations. This program is designed to provide the skills necessary to appreciate the fabulous and fun game of lacrosse. Boys will work with Coaches Adam Brownold and David Piemme. All players will receive a 2019 WT Lacrosse Pinnie.

NEW! WT Youth Lacrosse Clinic – GIRLS

This is a Wednesday AND Saturday Program

6:15 – 7:15 p.m.

Grades: 2, 3, 4, 5

Program Fee: \$ 260.00

This program is designed to introduce beginner and beginner + level lacrosse skills to our youngest players. The focus of our time together will be to have fun in a non-competitive environment. Coaches and players will focus on the fundamentals of the game of lacrosse. There will be an emphasis on basic skills: learning to pass, catch, and scoop through small group instruction with drills and game situations. This program is designed to provide the skills necessary to appreciate the fabulous and fun game of lacrosse. Girls will work with Coaches Gabrielle DeMarchi '09 and Annie Tritsch '09. All players will receive a 2019 WT Lacrosse Pinnie.

THURSDAYS – SPRING 2019 WTAAfter3

NEW! Bugged Out Art Studio with Mrs. Flati

3:30 – 4:30 p.m.

Grades: PK, K, 1

Program Fee: \$ 175.00

Every Thursday afternoon will be filled with the artistic exploration and celebration of little and complicated critters that live in our world! Themed art projects will include ladybugs, butterflies, dragonflies, caterpillars, stink bugs, and more. Take advantage of this opportunity to get “Bugged Out” with Mrs. Flati and to let your imagination soar.

Tap Levels I & II with Red Leaf Dance Studio

3:30 – 4:15 p.m. Grades: PK, K, 1, 2, 3, 4

Program Fee: \$ 175.00

Your little dancer will learn to become a fierce foot-percussionist! Special shoes – with metal on the heel and toe – designed for "tap dance" allow the dancer to create music while learning rhythm, timing syncopation, beats, and so much more. Both mind and body are challenged with progressions and variations for individual advancement throughout the sessions. We will play music games with "Simon Says" and sound memory games such as "Call and Respond." These games are a fun way to practice outside of the classroom as well. Tap related coloring pages are sometimes assigned as homework to encourage further training at home. On the last scheduled program class, a brief informal performance will take place for "Viewing Day." Please save the date for the performance on Thursday, May 23, 2019 at 3:50 p.m. [All students will need to bring leggings or sweatpants, a t-shirt, and tap shoes to school each Thursday. WTAfter3 support staff will help to transition the children from school clothes to their dance attire.](#)

Creative Theater Dance with Red Leaf Dance Studio

4:30 – 5:15 p.m. Grades: 1, 2, 3, 4, 5

Program Fee: \$ 175.00

Young dancers can express their love for musical theatre every Thursday afternoon with the dance faculty from Red Leaf Dance Studio. We will learn songs and dance routines from our favorite musicals and show tunes each week. Students will have fun exploring their creative side as they are taught how to choreograph and will hold an in-class performance at the end of the program for family and friends – May 23, 2019 at 4:40 p.m. Let's Dance!

Tennis Clinic I

3:30 – 4:30 p.m. Grades: PK, K, 1

Let's make some racquet Program Fee: \$ 175.00

Come join Coach Mark Haffner as you have fun learning to serve, volley, and overhead. This program will focus on the importance of sportsmanship, agility, movement, and strength that is involved in the game of tennis.

Tennis Clinic II

4:30 – 5:30 p.m. Grades: 2, 3, 4, 5

Program Fee: \$ 175.00

Let's make some racquet! Come join Coach Mark Haffner as you have fun learning to serve, volley, and overhead. This program will focus on the importance of sportsmanship, agility, movement, and strength that is involved in the game of tennis.

NEW! Lego Friends – Community Building Lab for Girls

3:30 – 4:30 p.m. Grades: 1, 2, 3

Program Fee: \$ 200.00

This unique and special building program is designed *by*, and *for*, girls who love legos! Ms. Alaina Loman and Mrs. Dionne Brelsford will host weekly brick building sessions designed to inspire and challenge female engineers with imagination and fun. Our goal will be to build the ideal community with Lego bricks. Along the way, we will learn fun Lego facts, explore building that requires hinges, joints, and architectural challenges that will support our creation of our brick city! Students will be able to keep some of their special creations. We will look forward to hosting family and friends for a tour of our city on May 23, 2019 at 4:00 p.m.!

NEW! Golf Clinic with the First Tee Pittsburgh

3:30 – 5:00 p.m. Grades: 1, 2, 3, 4, 5

Program Fee: \$ 200.00

Every Thursday afternoon, WT golfers will board the WT golf shuttle and make their way to the rolling hills of the Schenley Golf Course. We will train with the professional coaches at the First Tee of Pittsburgh. This beginner level program will teach students the basics of the game of golf and the equipment required to play. The students will be introduced to, and encouraged to practice, the fundamentals of this lifelong sport while learning the basic golf motor skills and the inherent values of the game. The van will return to campus at 5:15 p.m. each Thursday afternoon with additional energy and confidence focused on the game of golf!

Science MAKE-annex with Mr. Mendenhall

3:30 – 4:30 p.m. Grades: 3, 4, 5

Program Fee: \$ 175.00

Calling all STEM-minded students – this program is for you! Grade 3, 4, and 5 scientists will be making, experimenting, and having fun while doing STEM activities after school with Mr. Mendenhall. Throughout this program, students will do hands-on science experiments, be exposed to different forms of technology, develop critical thinking skills through engineering projects, and refine math skills through math activities. All learning activities will be used to develop self-confidence when working with STEM projects.

Advanced Chess Lab – Competitive Prep for 2020 Chess Season with Coach Kennedy

3:30 – 5:00 p.m. Grades: 3, 4, 5, 6, 7, 8

Program Fee: \$ 280.00

This intermediate to advanced level chess class will focus on the skills involved with more advanced chess play.

NEW! GIRLS OF STEEL First Lego League Jr.

This is a Tuesday AND Thursday Program

3:30 – 4:30 p.m. Grade: 3 ONLY

Description included with Tuesday entry.

FRIDAYS – WINTER 2019 WTAfter3

Martial Arts Workshop, Jr.

2:30 – 3:15 p.m. PK ONLY

Program Fee: \$ 125.00

PK students will have the opportunity to finish off the school week with this introductory self-defense class that is predicated on three guiding principles: self-control, discipline, and respect. Students will practice age-appropriate activities involving these principles while learning the basics of KungFu and Kempo Karate. Classes offer a combination of warm-up and stretching, karate kicks and punches, evasive movements for escaping from holds (jiu jitsus), and strengthening exercises.

Martial Arts Studio I

3:30 – 4:30 p.m. Grades: K, 1, 2

Program Fee: \$ 125.00

Students will have the opportunity to finish off the school week with this self-defense class that is predicated on three guiding principles: self-control, discipline, and respect. Students will practice age-appropriate activities involving these principles while learning the basics of KungFu and Kempo Karate. Classes offer a combination of warm-up and stretching, karate kicks and punches, evasive movements for escaping from holds (jiu jitsus), and strengthening exercises. Students who progress appropriately through the program will be invited to test for new advanced belt levels at Shaolin Studios in Regent Square.

Russian Language and Culture

3:45 – 4:45 p.m. Grades: 1, 2, 3

Program Fee: \$ 125.00

This program is an introduction to Russian language and culture. Students are introduced to the Cyrillic alphabet, Russian songs, costumes, traditions and poetry. While the course will be conducted in English, we will cover basic Russian phrases, words, and engage in very simple conversation. Students will get familiar with the proverbs, sayings, and phraseology of the language. We will explore Russian Culture using traditional Russian art objects, like nesting dolls and children's books. We will also learn about fairy tales, songs, and the national tradition of poetry recitation.

African Drums and Dance

3:30 – 4:30 p.m. Grades: K, 1, 2, 3, 4, 5

Program Fee: \$ 125.00

Kick those shoes off and jump, step, hop, and sing to the vibrant beat of West Africa. Each week, students will experience the language, sounds, stories, and dress of African culture through music and dance. Basic movement techniques provide heart-pounding exercise that kids will enjoy. Hands-on music immersion includes playing the djembe drum, and unique instruments such as the shekere, dunduns (bass drums) and balafon (wooden ancestor to the xylophone) – a fun, mental workout sure to excite young minds!

Martial Arts Studio II

4:30 – 5:30 p.m. Grades: 3, 4, 5

Program Fee: \$ 125.00

Students will have the opportunity to finish off the school week with this self-defense class that is predicated on three guiding principles: self-control, discipline, and respect. Students will practice age-appropriate activities involving these principles while learning the basics of KungFu and Kempo Karate. Classes offer a combination of warm-up and stretching, karate kicks and punches, evasive movements for escaping from holds (jiu jitsus), and strengthening exercises. Students who progress appropriately through the program will be invited to test for new advanced belt levels at Shaolin Studios in Regent Square.

Hand Chime & Bell Choir

3:30 – 4:30 p.m. Grades: 4, 5, 6, 7, 8

Program Fee: \$ 125.00

You can ring in spring on the right note by joining the WT Hand Chime Choir! Every Friday afternoon, young musicians will gather with Mrs. Jones to learn about hand chimes and to practice new songs. This is a great way for students to master skills linked to ear-training and ensemble awareness. This experience will be full of enrichment and fun. We will hold an informal show to share our new songs with family and friends in mid-March.

Percussion Ensemble

3:30 – 4:30 p.m. Grades: 3, 4, 5

Program Fee: \$ 125.00

Do you play the drums or have you always wanted to? This is your chance to join your friends in the Percussion Ensemble and explore many of the percussion instruments - vibraphone, bells, timpani, bongos, congas, tom toms, snare drums, cymbals, rototoms, temple blocks, and more. Players will read music, work on improving basic sense of time and musicianship, as well as learn how to play multiple percussion instruments! A basic understanding of note reading is required. All instruments and music are provided for the ensemble. It is recommended that players invest in drumsticks and a drum pad for at home use. All players will receive a take-home music folder. This group will perform in the end-of-year private music lesson celebration.

SATURDAYS – SPRING 2019 WTAfter3

NEW! WT Youth Lacrosse Clinic – BOYS

This is a Wednesday AND Saturday Program

8:30 – 9:30 a.m. Grades: 2, 3, 4, 5

Program Fee: \$ 250.00 *Description included with Wednesday entry.*

NEW! WT Youth Lacrosse Clinic – GIRLS

This is a Wednesday AND Saturday Program

8:30 – 9:30 a.m. Grades: 2, 3, 4, 5

Program Fee: \$ 250.00 *Description included with Wednesday entry.*

NEW! Youth Flag Football with Coach Fitch and Hidden Gyms

11:00 a.m. – 12:00 p.m. Ages: 5-6

First session, March 30, 2019

Program Fee: \$ 180.00

The Hidden Gyms/Unique Physique spring flag football league introduces a wide range of skills such as passing, receiving, and de-flagging. Participants will learn from former/current collegiate and/or professional athletes and will develop an understanding of offensive and defensive plays, and be encouraged to implement these skills into realistic scrimmages and game-play situations. This league is appropriate for players ranging from beginners, to those already well-versed in the sport. Groups are separated by age (5-6), (7-9), and (10-12) to ensure all players flourish in a positive learning environment while having a great time!

NEW! Youth Flag Football with Coach Fitch and Hidden Gyms

12:00 – 1:00 p.m. Ages: 7-9

NEW! Youth Flag Football with Coach Fitch and Hidden Gyms

1:00 – 2:00 p.m. Ages: 10-12

First session, March 30, 2019